Seeing Pain Clearly

Workbook

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RECOGNIZING TRIGGERS

What is the thing that screams the loudest for you right now?

What is your reaction when that thing is triggered?

Why do you think you react that way?

Why do you want to change your reaction? What's your goal?

Do you have control over the thing you're reacting to?

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RECOGNIZING TRIGGERS

If yes, then why don't you just fix it?

If no, then what do you want your reaction to be instead?

What are you afraid of in relation to this trigger?

What do you think will happen if you don't react?

Can you find the story your mind is making up in your answer above?

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RECOGNIZING TRIGGERS

Are you willing to sit in the fear and watch what happens without your intervention?

Can you be objective about what you see around you?

How does that objectivity allow you to release the trigger?

Can you spot the old story now?

Are you willing to keep doing this until you break the habit?

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RECOGNIZING PAIN

Challenge yourself to see the pain around you for a day or two. What did you notice?

Can you recognize where you're throwing pain around unconsciously?

How has being aware of your own pain changed how you react to others?

Does seeing pain around you all the time bother you?

Have you learned to leave other people where they are?

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